

# Quesadilla con Huevos

**Makes:** 4 servings

## Ingredients

- 1/2 cup** cheddar or cojack cheese (grated)
- 2** egg (scrambled)
- 4** flour tortillas (6 - 8 inch)
- 4 tablespoons** salsa (optional)

## Directions

1. Put 2 Tablespoons cheese and 1/4 of the scrambled eggs on each tortilla.
2. Heat 2 quesadillas at a time in microwave on high for 30 to 45 seconds or until cheese melts.
3. Top with salsa and fold tortilla in half to serve.

## Notes

Kids can make these as plain as they like or can add ingredients such as peppers, tomatoes, mushrooms or onions. Quesadillas make a great breakfast or lunch that's easy and quick. Instead of using a microwave, you can heat the tortillas on a skillet or griddle until the cheese melts.

**Safety Tips:** The melted cheese is hot, so wait a minute before eating. Use a knife or pizza wheel to cut the quesadilla into wedges for serving.

Kansas Family Nutrition Program, Kids a Cookin'

## Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	190	
Total Fat	9 g	14%
Protein	9 g	
Carbohydrates	17 g	6%
Dietary Fiber	1 g	4%
Saturated Fat	4.5 g	23%
Sodium	430 mg	18%